



University of Nebraska at Omaha  
**DigitalCommons@UNO**

---

Publications since 2000

Center for Public Affairs Research

---

7-15-2014

## Nebraska Urban Indian Health Coalition Alcohol, Tobacco And Other Drugs Prevention Program (Atod-Year 3) Evaluation Report

R. K. Piper

Eunjoo Jeung

Follow this and additional works at: <https://digitalcommons.unomaha.edu/cparpublications>



Part of the [Public Affairs Commons](#)



**NEBRASKA URBAN INDIAN HEALTH COALITION  
ALCOHOL, TOBACCO and OTHER DRUGS PREVENTION PROGRAM  
(ATOD-YEAR 3) EVALUATION REPORT**

**FINAL REPORT  
July 15, 2014**

**Prepared for the Nebraska Urban Indian Health Coalition, Inc.**

**With Funding by  
Behavioral Health Services Administration, Region 6  
State of Nebraska**

**Project Team:  
R.K. Piper  
Eunjoo Jeung**

**UNO Consortium for Organizational Research and Evaluation (CORE)  
College of Public Affairs and Community Services  
University of Nebraska at Omaha  
Omaha, NE 68182**

## **TABLE OF CONTENTS**

<b>I. INTRODUCTION.....</b>	<b>3</b>
<b>II. THE NUIHC OMAHA TEEN MAZE PROJECT.....</b>	<b>3</b>
1. Perceptions and Measures of Risk-Factor Learning by Youths.....	3
2. Youth Participant Demographics.....	7
<b>III. NUIHC SUBSTANCE-ABUSE PREVENTION PRESENTATIONS.....</b>	<b>9</b>
1. Perceptions and Measures of Creach Substance-Abuse Presentations.....	9
2. Attendee Demographics.....	10
<b>IV. NUIHC STRENGTHENING FAMILLIES PROGRAM (SFP).....</b>	<b>11</b>
1. Family Strength Indicators/Table 3.....	11
2. Parenting Indicators/Table 4.....	12
3. Adult/Child Drug and Alcohol Use Indicators/Table 5.....	15
<b>V. APPENDIX.....</b>	<b>19</b>
A. TEEN MAZE Evaluation Instrument for Youth Participants 2013.....	19

## **I. INTRODUCTION**

This final report documents the major findings of an evaluation of the Alcohol, Tobacco and Other Drug Prevention Program (ATOD-Year 3) conducted by the Consortium for Organizational Research and Evaluation (CORE) of the University of Nebraska at Omaha for the Nebraska Urban Indian Health Coalition (NUIHC). The purpose of the study is to provide an analysis of several key NUIHC substance-abuse prevention initiatives.

The study consists of three parts: 1) an analysis of the second (2<sup>nd</sup>) Teen Maze project implemented in Omaha by NUIHC and community partners, 2) an analysis of the results obtained from NUIHC's presentations for youth, by substance-abuse prevention expert Milton Creagh at various community locations and 3) the results obtained from a pre- and post-test of participants in NUIHC's Strengthening Families Program (SFP) program.

## **II. THE OMAHA TEEN MAZE PROJECT**

The second (2<sup>nd</sup>) "Teen Maze" project held in Omaha, designed to educate youths about high-risk behaviors and their possible consequences, was developed and organized by NUIHC and its community partners. To research, prepare and plan, staff met with last year's and new partners for many months prior to the event and implemented numerous changes and improvements, as a result of the valuable knowledge and insights gained from the first year.

The Teen Maze was held March 19-20, 2014 at the Omaha National Guard Armory and was attended by 77 youths. The first year's evaluation instrument developed by CORE was revised and administered by NUIHC staff.

The evaluation was completed by all youth participants, as well as chaperones/supervisors who attended. The major findings of the evaluation of this event are as follows:

### **1. Perceptions and Measures of Risk-Factor Learning by Youths**

- Youth that participated in the Teen Maze provided clearly-positive aggregate responses to all 10 questions on the evaluation form used to measure their perceptions of and learning from the event. The

indicators used, focused on sufficiency of time, understanding of content, usefulness of information presented and learning gained about specific youth risk-factors.

Table 1 provides a summary of participant responses and the average of scores for each question, using a scale of 1.0 (Strongly Agree) to 5.0 (Strongly Disagree). It also shows the increases or decreases in scores and percentage changes (if any) from the first year, where the same questions were asked. The results from year -1 Teen Maze-2013) are provided in Appendix A.

**Table 1 Perceptions/Measures of Risk-Factor Learning by Youth Participants 2014**

STATEMENT  (Score) [Change from 2013 Maze] {Percent % Change}	Strongly Agree (1.0) [change] {%Chg}	Agree (2.0) [change] {%Chg}	Neither Agree/ Disagree (3.0) [change] {%Chg}	Disagree (4.0) [change] {%Chg}	Strongly Disagree (5.0) [change] {%Chg}
I had enough time at each stop in the Teen Maze to look at all the information provided.		X (2.40) [+.41] {+20.6%}			
I had enough time at each stop in the Teen Maze to interact and talk to presenters.		X (2.31) [+.30] {+14.9 %}			
I understood the information that was presented in Teen Maze.	X (1.73) [+.24] {+16.1 %}				
The presenters in Teen Maze answered my questions.	X (1.76) [+.07] {+4.1%}				

I learned new information in the Teen Maze.	X (1.77) [+.23] {+11.6 %}				
The information from Teen Maze will help me make better choices.	X (1.90) [+.47] {+32.9%}				
The information from Teen Maze will help me change my behaviors.		X (2.27) [+.45] {+24.7 %}			
I will share the information from Teen Maze with my family and friends.		X (2.21) [+.24] {+12.2%}			
Because of Teen Maze, I am aware of the costs and consequences that can happen if I make the choice to use alcohol, tobacco or drugs.	X (1.68) [+.19] {+12.8%}				
Because of Teen Maze, I am more aware of parenting, pregnancy and family issues.	X (1.71) [+.11] {+6.9%}				

- Although all the participants' agreement with the questions decreased in strength to a certain extent (higher scores than last year in 2013 indicate less agreement with the statements), most changes were relatively small and all responses about the event remained very positive.

The areas that showed the most increase in scores and percentage of change were that 1) “the information from the Teen Maze would help them make better choices” showing an increase of +.47 (+32.9%) points to a score of 1.90 vs. 1.43 in 2013 (see Appendix for 2013 scores) and 2) “the Teen Maze information will help me change my behaviors,” an increase of +.45 (+24.7%) points to a score of 2.27 vs. 1.82 in 2013.

Because these two indicators of risk-factor learning (making better choices and changing behaviors) by the youths are among the most important, and even though the changes are relatively modest, the results should be cause for a re-examination, by NUIHC and Maze Community Partners, of what may be responsible for the differences.

Some issues that might be considered are whether the content of the information provided in the maze had less focus on or clear discussion of “choices and behaviors” made by the youths. We would also advise that the changes in other eight (8) indicators be discussed at the same time, to better understand why the changes may have occurred for them as well.

Finally, since the racial and ethnic compositions of this year's group was substantially different (see below), it is possible that perceptual or cultural differences in definitions or understanding of the terminology, content and presentations in event itself, may be at least partially-responsible for some of the changes in the scores.

- Ninety-nine percent (99%) of all youth respondents indicated they thought the Teen Maze should be held again, which was an increase of 2 percentage points from last year.

## **2. Youth Participant Demographics**

- Age: Overall, the average age of participants was 14.4 years old (the same as last year), while the median age (the mid-point of all ages of youths attending) was 15.0 (one year older than last year's median age of 14.0).<sup>1</sup>

---

<sup>1</sup> The higher median age suggests that a middle group may be slightly older than last year, but does not necessarily mean that those younger than 15 or older than 15 were on average older than last year (the total average age did not change). A closer examination of the distribution of ages would be necessary to see if the change in median age has any significance.



- **Gender:** There was an equal (50%-50%) distribution of females and males, while last year fifty-five percent (55%) of participants were female and 45% were male.
- **Race/Ethnicity:** There was a very significant shift in racial and ethnic composition in this year's Maze, as 73% described themselves as White/Caucasian (only 23% last year) and only 9% Black/African (over 36% last year). The complete self-descriptions of participants are as follows:

Asian	2	(3%)
Black/African American	6	(9%)
Native American/Alaska Native	2	(3%)
White/Caucasian	51	(73%)
Other	24	(14%)
<b>TOTAL</b>	<b>121</b>	<b>(102.0%) *</b>

\* Does not equal 100% due to rounding

### III. NUIHC SUBSTANCE-ABUSE PREVENTION PRESENTATIONS

In response to findings and recommendations from previous program evaluations, NUIHC arranged community substance-abuse presentations for youth, by culturally-competent and widely-known (especially among minority communities) expert on the subject, Milton Creagh. A total of 747 persons attended and evaluated the presentations at various locations throughout the community.

#### 1. Perceptions & Measures Creagh Substance-Abuse Prevention Presentations

NUIHC staff developed evaluation cards and administered them following the presentation programs. The aggregated findings for all community presentations are shown below in Table 2 as follows:

**Table 2 Perceptions/Measures of Creagh Prevention Presentations 2014**

<b>QUESTION (Score)</b>	<b>Poor (1.0)</b>	<b>Fair (2.0)</b>	<b>Good (3.0)</b>	<b>Excellent (4.0)</b>
How would you rate Milton's presentation?			<b>X (3.8)</b>	
How would you rate Milton' knowledge of prevention			<b>X (3.7)</b>	
How would you rate your knowledge of prevention pre-Milton?			<b>X (3.0)</b>	

How would you rate your knowledge of prevention post-Milton?			X (3.4)	
<b>QUESTION</b> <b>(Number/Percent)</b>	<b>Yes</b> <b>(N/%)</b>	<b>No</b> <b>(N/%)</b>		
Was the information useful to you?	702/95%	38/5%		
Would you recommend Milton to other groups?	721/97%	22/3%		

## 2. Attendee Demographics

- The average age of attendees of the presentations in the community was 12.6 and the median was 12.0 years old.
- Fifty one percent (51%) were males and 49% were females.
- Ninety-nine percent (99%) of attendees were students, with 1% employed teens or adults.

#### IV. STRENGTHENING FAMILIES PROGRAM (SFP) PRE- & POST-TEST

NUIHC staff also developed a pre- and post-test instrument<sup>2</sup> for their initial Strengthening Families Program (SFP) group of 7 adults and 11 children (7 being 12-16 years old who participated in the evaluation, the others being younger).

Data were gathered for three areas of the program: 1) family strengths, 2) parenting and 3) drug and alcohol use.

The measurement of pre- to post-program changes by participants, are shown as changes in scores and percentages on scales of 1.0 – 5.0 for two of the program areas and as days of use for the drug and alcohol area. The findings for the three areas are shown below in Tables 3-5, as follows:

**Table 3 SFP Family Strengths Pre- and Post-Test Scores 2014**

<b>FAMILY STRENGTH INDICATORS</b> <b>(Pre- and Post-Test Average Group Scores)</b>	<b>None (1.0) [change] [%Chg]</b>	<b>Little Strength (2.0) [change] [%Chg]</b>	<b>Some Strength (3.0) [change] [%Chg]</b>	<b>Consid- erable Strength (4.0) [change] [%Chg]</b>	<b>Very Strong (5.0) [change] [%Chg]</b>
Positive Family Communication (clear directions, rules, praise)  (3.29 Pre- and 4.0 Post-Test)			<b>X Pre (3.29)</b>	<b>X Post (4.0) [+.71] {+21.6%}</b>	
Effective Parenting Skills (reading to child, rewarding)			<b>X Pre (3.14)</b>	<b>X Post (4.29) [+1.15]</b>	

<sup>2</sup> Questions for NUIHC's evaluation were selected from existing SFP evaluation instruments (Karol Kumpfer, 1989)

(3.14 Pre- and 4.29 Post-Test)				{+36.6%}	
Effective Discipline Style (less spanking, consistent discipline)  (2.86 Pre- and 4.0 Post-Test)		<b>Pre X (2.86)</b>		<b>X Post (4.0) [+1.14] {+39.9%}</b>	

As evident in Table 3 above, the greatest increase in average family-strengths post-test results for the group occurred in the area of effective discipline style, from a pre-test score of 2.86 to a 4.0 post score or an increase of 1.14 points or 39.9%. Effective parenting skills showed an almost as large improvement from 3.14 pre- to 4.29 post or 36.6%, while positive family communication also showed gains, moving from 2.86 to 4.0 or an improvement of 21.6%.

**Table 4 SFP Parenting Pre- and Post-Test Scores 2014**

<b>PARENTING INDICATORS</b>  (Pre- and Post-Test Average Group Scores)	<b>Never (1.0) [change] [%Chg]</b>	<b>Seldom (2.0) [change] [%Chg]</b>	<b>Some- times (3.0) [change] [%Chg]</b>	<b>Fre- quently (4.0) [change] [%Chg]</b>	<b>Almost Always (5.0) [change] [%Chg]</b>
I use clear directions with my child.  (3.0 Pre- and 4.4 Post-Test)			<b>X Pre (3.0)</b>	<b>X Post (4.4) [+1.4] {+46.7%}</b>	
My child controls his/her anger.		<b>Pre X (2.7)</b>	<b>Post X (3.9) [+1.2]</b>		

(2.7 Pre- and 3.9 Post- Test)			{+44.4%}		
I feel I am doing a good job as a parent. (3.4 Pre- and 4.1 Post-Test)			X Pre (3.4)	X Post (4.1) [+.7] {+20.6%}	
We go over schedules, chores and rules to get better organized. (2.6 Pre- and 3.4 Post-Test)		Pre X (2.6)	X Post (3.4) [+.8] {+30.8%}		
I spend quality time with my child. (3.9 Pre- and 4.4 Post-Test)			Pre X (3.9)	X Post (4.4) [+.5] {+12.8%}	
I am loving and affectionate with my child. (4.4 Pre- and 4.9 Post-Test)				X Pre (4.4) Post X (4.9) [+.5] {+11.4%}	
I follow through with reasonable consequences when rules are broken. (3.4 Pre- and 4.1 Post-Test)			X Pre (3.0)	X Post (4.0) [+1.0] {+33.3%}	
Our family has clear rules about alcohol and drug use. (4.1 Pre- and 4.4 Post-Test)				X Pre (4.1) X Post (4.5) [+.3] {+7.3%}	
My child uses tobacco. (1.7 Pre- and 1.7 Post-Test)	Pre X (1.7) Post X (1.7) [+/-0] {+/-0%}				

My child drinks alcohol. (1.6 Pre- and 1.1 Post-Test)	<b>Pre X</b> <b>(1.6)</b> <b>X Post</b> <b>(1.1)</b> <b>[-.5]</b> <b>{-31.2%}</b>				
My child uses illegal drugs. (1.3 Pre- and 1.1 Post-Test)	<b>X Pre</b> <b>(1.3)</b> <b>X Post</b> <b>(1.1)</b> <b>[-.2]</b> <b>{-15.4%}</b>				
I talk with my child about the negative consequences of drug use. (3.6 Pre- and 4.0 Post-Test)			<b>Pre X</b> <b>(3.6)</b>	<b>X Post</b> <b>(4.0)</b> <b>[+.4]</b> <b>{+11.1%}</b>	

As shown in Table 4 above, the greatest increase in average parenting post-test results for the group occurred in the area of giving clear directions to their child, from a pre-test score of 3.0 to a 4.4 post score or an increase of 1.6 points or 46.7%. Participants' children controlling their anger showed an almost as large an improvement, moving from 2.7 pre- to 3.9 post or 44.4%, while following through with reasonable consequences (+33.3%), children drinking alcohol (-31.2%)<sup>3</sup> and going over schedules, chores and rules (+30.8%) also showed significant post-test improvements.

---

<sup>3</sup> For this indicator, a decrease in score shows less alcohol consumption and a more-positive outcome.

**Table 5 SFP Adult/Child Drug and Alcohol Use Pre- and Post-Test Scores 2014**

<b>DRUG AND ALCOHOL USE INDICATORS</b>  <b>(Pre- and Post-Test Total Days of Use by Group Participants N=7)</b>	<b>ADULTS</b>  <b>Average Number of Days of Use by Group Participants Pre- and Post-Test in Past 30 Days</b>  <b>[Change in Average Days Use] {% Change in Use}</b>
Alcohol  (3.0 Pre- and 3.0 Post- Test)	Pre- .43 Post- .43 [+/- 0] {+/- 0%}
Alcohol to intoxication.  (3.0 Pre- and 3.0 Post- Test)	Pre- .43 Post- .43 [+/- 0] {+/- 0%}
Tobacco.  (40.0 Pre- and 36.0 Post- Test)	Pre- 5.7 Post- 5.1 [-.6] {-10.5%}
Marijuana/Hashish.  (3.0 Pre- and 3.0 Post- Test)	Pre- .43 Post- .43 [+/- 0] {+/- 0%}
Other illegal drugs.  (3.0 Pre- and 3.0 Post- Test)	Pre- .43 Post- .43 [+/- 0] {+/- 0%}
Prescription drugs not prescribed by doctor.  (3.0 Pre- and 3.0 Post- Test)	Pre- .43 Post- .43 [+/- 0] {+/- 0%}



<b>DRUG AND ALCOHOL USE INDICATORS</b>  (Pre- and Post-Test Total Days of Use by Group Participants N=7)	<b>CHILDREN</b>
	Average Number of Days of Use by Group Participants Pre- and Post-Test in Past 30 Days
	[Change in Average Days Use] {% Change in Use}
Alcohol  (3.0 Pre- and 3.0 Post- Test)	Pre- .43 Post- .43 [+/- 0] {+/- 0%}
Alcohol to intoxication.  (3.0 Pre- and 3.0 Post- Test)	Pre- .43 Post- .43 [+/- 0] {+/- 0%}
Tobacco.  (40.0 Pre- and 36.0 Post- Test)	Pre- .43 Post- .43 [+/- 0] {+/- 0%}
Marijuana/Hashish.  (3.0 Pre- and 3.0 Post- Test)	Pre- .43 Post- .43 [+/- 0] {+/- 0%}
Other illegal drugs.  (3.0 Pre- and 3.0 Post- Test)	Pre- .43 Post- .43 [+/- 0] {+/- 0%}
Prescription drugs not prescribed by doctor.  (3.0 Pre- and 3.0 Post- Test)	Pre- .43 Post- .43 [+/- 0] {+/- 0%}

As shown in Table 5 above, very little change occurred for either adults or children in total or average days of drug or alcohol use in post-test results for the group. The only decrease that occurred was for adults in tobacco use, from a pre-

test score of 40.0 total days of use for participants in the group to a 36.0 total days, or a decrease of 4.0 or -10.5% fewer days on average. For all other type of drug or alcohol use the total number of days use was 3.0 for both pre- and post-tests, or 0 days and 0.0% average days change.

## V. APPENDIX

### TEEN MAZE Perceptions/Measures of Risk-Factor Learning by Youth Participants 2013

STATEMENT (Score)	Strongly Agree (1.0)	Agree (2.0)	Neither Agree/ Disagree (3.0)	Disagree (4.0)	Strongly Disagree (5.0)
I had enough time at each stop in the Teen Maze to look at all the information provided.	X (1.99)				
I had enough time at each stop in the Teen Maze to interact and talk to presenters.		X (2.01)			
I understood the information that was presented in Teen Maze.	X (1.49)				
The presenters in Teen Maze answered my questions.	X (1.69)				
I learned new information in the Teen Maze.	X (1.54)				
The information from Teen Maze will help me make better choices.	X (1.43)				
The information from Teen Maze will help me change my behaviors.	X (1.82)				
I will share the information from Teen Maze with my family and friends.	X (1.97)				
Because of Teen Maze, I am aware of the costs and consequences that can happen if I make the choice to use alcohol, tobacco or drugs.	X (1.49)				
Because of Teen Maze, I know more about preventing suicide if faced with the problem.	X (1.54)				

I am able to recognize the signs of both healthy and unhealthy relationships because of Teen Maze.	<b>X (1.63)</b>				
Because of Teen Maze, I am more aware of parenting, pregnancy and family issues.	<b>X (1.60)</b>				
I feel more confident about managing my money and employment issues because of Teen Maze.	<b>X (1.56)</b>				